

A GUIDE TO THE SLANT

Presented By:



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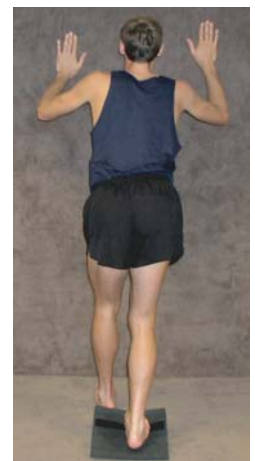
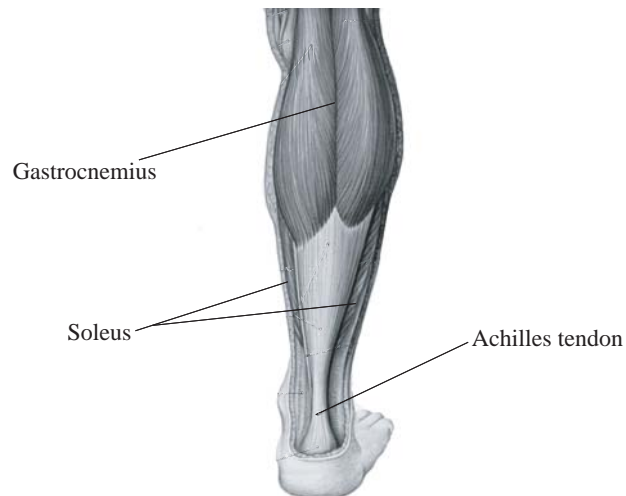
Position the slant 1-2 feet away from the wall depending on your height. Bend the knee closest to the wall and let your pelvis shift forward. Do not push against the wall. (As illustrated below, a wall is not necessary to perform this stretch but may be used to assist with balance.) The stretch should be felt on the leg furthest from the wall. Your heel should remain contact with the slant during the stretch. (This stretch can also be performed without the slant but the intensity will be less.)



Gastrocnemius Stretch
(above)

Stretch is shown for right leg. Keep your right leg straight. You should feel the stretch in the upper part of the calf.

Back of Right Lower Leg



Soleus Stretch (above)

Slowly bend your right knee. You should feel the stretch in the lower portion of your calf.



Lateral calf/achilles stretch

Tri-Plane Calf/Achilles Stretch

Position the slant so that it is rotated 45 degrees counter-clockwise. Perform the soleus stretch shown above but this time step towards the left with your left foot. This should focus the stretch on the outside of the right achilles tendon (left). Next reposition the slant 45 degrees clockwise and step to the right with your left foot so as to stretch the inside of the right achilles tendon (right). To perform the stretch without a slant, move your right knee slowly to the right. This will stretch the inside of the right achilles. Next move your right knee slowly to the left. This will stretch the outside of the right achilles.



Medial calf/achilles stretch



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SMI is a non-profit public benefit corporation dedicated to the prevention and treatment of overuse injuries, optimization of human function and enhancement of athletic performance. Through education, research and the operation of a charitable therapy clinic and human performance lab we help active individuals and athletes of all abilities maximize their potential and function at the highest level possible.

FACILITIES

SMI provides the highest level of care in the best possible environment. Our facility boasts nine private rooms for advanced manual therapy and a Physical Therapy clinic specializing in performance enhancement and the treatment and prevention of overuse injuries. Our newly constructed Human Performance Lab allows physiologists to conduct sophisticated exercise testing that complements our therapy services and provides our clients with the most advanced level of care available in the Bay Area. Our community center acts as a locale for athletes of all levels to stretch, strengthen, use cold hydrotherapy tanks, discuss training and just get together after hard workouts; all of which are free of charge to SMI clients, athletes and patients.

DONATIONS

SMI is a Public Benefit Nonprofit Corporation 501(c)(3) organized exclusively for education and charitable purposes. We are an institute, clinic and community center whose mission is to promote research, clinical development and delivery to the public of functional health services and advanced manual therapy treatments, particularly in the fields of injury prevention, injury rehabilitation and athletic performance. It is a further purpose of this corporation to support under-funded competitive amateur athletes from the youth level through the collegiate and post-collegiate levels, by offering affordable services and financial assistance. Our donation programs are designed to help subsidize the reduced rates that we offer our beneficiaries. If you have any questions regarding donations please contact our Development Manager Rachael Holloway at 650-322-2809 x329. Please keep in mind that donations made to SMI are tax deductible. Our federal tax ID # is 94-3256879.

LEUKEMIA AND LYMPHOMA SOCIETY/ TEAM FRIENDS

SMI has developed a partnership with the Leukemia and Lymphoma Society's **Team In Training (TnT)**. We provide TnT with injury prevention, stretching, strengthening and injury rehabilitation services. SMI staff provides support for TnT with coaching, injury prevention and rehabilitation, strengthening and stretching. SMI has also developed partnerships with other Bay Area Teams and organizations. These include **Team Sheeper, TRiBe Triathlon, Team Diabetes, Asha and Joints in Motion**. All Team in Training members and Team Friends receive a discount on SMI services.

MAP

